

Name: _____

Food Diary: What Did I Eat Yesterday?

In the first column, list the foods you ate yesterday. For each food item, write the number of servings from each food group. Use a check mark (✓) to show food items in the Other Foods category. Total the number of servings of each food group.

Meals or Snacks	Grain Products	Vegetables & Fruit	Milk Products	Meat & Alternatives	Other * Foods
Breakfast					
Morning Snack					
Lunch					
Afternoon Snack					
Supper					
Evening Snack					
Total Servings					No Total

